CLAIMS

1. A lighting unit comprising:

- a number of individually moveable lamps;
- motor means configured to adjust the position of said lamps;
- controlling means configured to transmit drive signals to said motor means in dependence upon received control signals; and
- for each one of said lamps, a corresponding light detector, connected to said controlling means such that receipt of modulated light at one of said light detectors provides an indication to said controlling means that the position of the corresponding lamp is to be adjusted.

2. A lighting unit according to Claim 1, wherein said unit further comprises a radiation receiving means configured to receive coded radiation and to generate said control signals in dependence upon received coded radiation.

3. A lighting unit according to Claim 1 or Claim 2, wherein said number of individually moveable lamps is one individually moveable lamp.

4. A lighting unit according to any of the preceding claims, wherein each of said light detectors responds to light modulated at the same particular frequency.

5. A lighting unit according to any of the preceding claims, further comprising a power control circuit for dimming one of said lamps, wherein said controlling means is configured to transmit signals to said power control circuit in dependence upon received control signals.

6. A lighting unit according to any of the preceding claims, further comprising:

- position detecting means arranged to determine positional data defining the position of a lamp; and
- storage means storing positional data defining specific positions of said lamp,

wherein said controlling means is arranged to:

(a) read selected positional data from said storage means in dependence upon a received position-select control signal; and
(b) transmit drive signals to said motor means such that the position of said lamp is brought into correspondence with said selected positional data.

7. A lighting unit according to Claim 6, wherein said controlling means is configured to store positional data corresponding to the current position of a lamp in dependence of receiving a store-position control signal.

8. A lighting unit according to Claim 6 or to Claim 7, wherein said controlling means is configured to:

(a) receive a code identifying that a sequence of positions is required;
(b) read a plurality of sets of selected positional data from said storage means in dependence upon said received code; and
(c) transmit drive signals to said motor means such that the position of said lamp is brought into correspondence with each of said sets of selected positional data in a sequence.

9. A lighting unit according to any of Claims 2 to 8, wherein said controlling means is configured to receive control signals from a radiation receiving means and to transmit drive signals to said motor means to adjust the position of each individually moveable lamp when said control signals include a select-all-lamps code.

10. A lighting unit according to any of the preceding claims, further comprising a control means for changing the colour of the light radiated by the lighting unit.

11. A lighting system comprising a plurality of lighting units according to any of the preceding claims, wherein the detectors on all of said lighting units respond to light modulated at the same frequency.

12. A lighting system comprising:

- a lighting unit according to any of Claims 2 to 10; and
- a remote manual input device configured to transmit modulated laser light, and to transmit said coded radiation, whereby one of said lamps is selected by transmission of said laser light, and said selected lamp is moved by transmission of said coded radiation.

13. A lighting system comprising:

- a lighting unit according to any of Claims 2 to 10; and
- a remote manual input device configured to transmit a modulated light beam upon receipt of a first user action, and to transmit said coded radiation upon receipt of a second user action,

whereby one of said lamps is selected and moved by said two user actions only.

14. A lighting system comprising:

- a lighting unit according to any of Claims 2 to 10; and
- a remote control device configured to store a set data defining a movement sequence, and to transmit corresponding position-select control signals at predefined periods, whereby said

lighting unit is commanded to move said lamp through a sequence of movements.

15. A lighting unit comprising:

- a lighting track connector for connecting said lighting unit to a lighting track;
- a main body rotatably connected to said lighting track connector; and
- a lamp rotatably connected to said main body;

wherein said main body contains: motor means configured to cause said main body to rotate with respect to said connector, and to cause said lamp to rotate with respect to said main body; and controlling means configured to transmit drive signals to said motor means in dependence upon received control signals.